

ABSTRACT OF THE DISCLOSURE

A resource load measuring method measures load information of resources within a network, by measuring the load information of the resources at
5 measuring intervals and storing measured load information in a storage section, predicting load information of the resources according to a prediction algorithm and storing predicted load information in the storage section, and adjusting
10 the measuring intervals based on the measured load information and the predicted load information stored in the storage section.

15

20

25

30

35